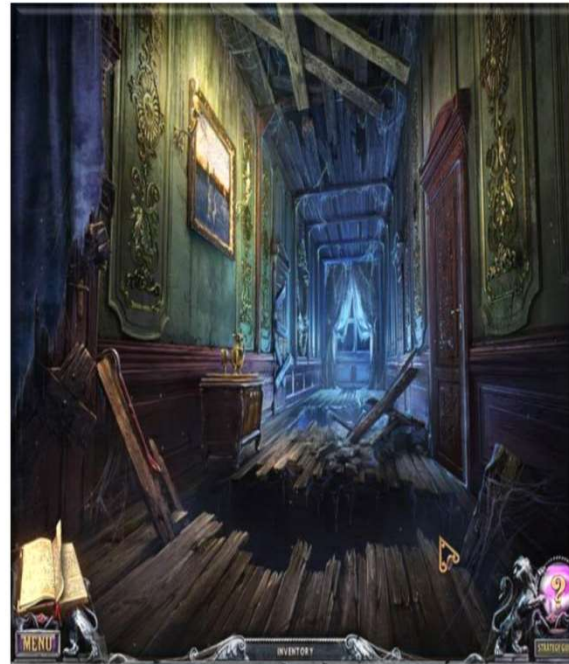


# SHAME & GUILT

## Preoccupation with self-worth

Shame can be described as an internal state of feeling inadequate and unworthy. It can lead to:

- Feeling Flawed
- Low Self-Esteem
- Withdrawal and Isolation
- Coping Through Addiction
- Abusive Behavior
- Physical Illness



Source: Google Images